



**Embassy of the United States of America
Riyadh, Saudi Arabia**

WARDEN MESSAGE

April 29, 2009

The Embassy requests that wardens pass the following message in its entirety to members of the American Community:

In light of the recent outbreak of swine flu in Mexico, the Embassy is providing the following information.

According to the Saudi Ministry of Health, there have thus far been no reports of swine flu in Saudi Arabia. As a precaution, Saudi health authorities have started conducting some targeted screening at all international airports in the Kingdom.

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headaches, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in humans. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions. Those experiencing any of these influenza-like symptoms mentioned above and who have recently traveled areas experiencing swine influenza cases should contact their doctor to see if additional testing or treatment is recommended.

To help mitigate the risk of infection from viruses and bacteria you should wash your hands regularly with soap and warm water for at least 20 seconds. When soap and water are not available, apply a hand sanitizer with a minimum of 60 percent alcohol content. Cover your coughs and sneezes. Get vaccinated against seasonal flu. Ask your employer, organization or school about pandemic contingency plans.

For further information about Human Swine Influenza, please consult the Department of State information on Swine Flu at http://travel.state.gov/travel/cis_pa_tw/pa/pa_pandemic.html, the United States Centers for Disease Control website at <http://www.cdc.gov/swineflu/> or the World Health Organization website at <http://www.who.int/csr/disease/swineflu/en/index.html>.

No. 06/2009

American citizens are reminded to keep their registration up-to-date. See <https://travelregistration.state.gov/ibrs/ui/> for registration information.

You can also review earlier Warden Messages at <http://riyadh.usembassy.gov/service/advisories-for-americans-in-ksa/warden-messages.html>.

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